★ ★ ★ ★ ★

UAB ROOM SERVICE DINING

Part of your 5-Star Experience

From inside UAB, call 4-MEAL (4-6325).
From outside UAB, call 205.934.MEAL (6325).

SEASONAL MENU

Designed exclusively for University Hospital by Chef Frank Stitt.

Roasted Salmon

Roasted Salmon served with Spring Vegetables,
Quinoa, Fresh Herbs and Lemon Vinaigrette

Vegetarian Chili

Vegetarian Chili served with Avocado
and Sour Cream, and garnished with Cilantro and Scallions

Pot De Créme

Rich, Creamy, Chocolate Custard served with
Brown Butter and Sea Salt Shortbread

– *Ingredients contain fish*

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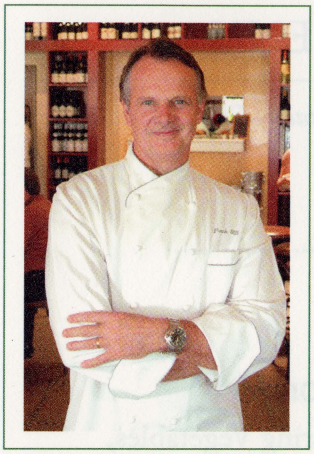

CHEF FRANK STITT

Chef Stitt's culinary journey began in San Francisco, where, as a young philosophy student, he ditched Kierkegaard for cookbooks and began apprenticing under some of the kings and queens of cuisine – people like Jeremiah Tower and Alice Waters.

Frank Stitt grew up in Cullman, Alabama, where he grew to appreciate the connection between food and farm. "When I grew up, Cullman was the leading Alabama agricultural county. There was a lot of pride in being a small family farmer." Stitt says. "Most modern cooks don't have a connection to the land or small family farming." Stitt took those sensibilities west where he honed his skills in the finest Bay Area restaurants, and later to France, where he worked the vineyards of Provence and Burgundy.

To this day, Frank's commitment to sustainable agriculture and humane animal husbandry is found in his support of the Slow Food movement, the Jones Valley Urban Farm, and the Pepper Place Farmer's Market. Frank opened his flagship restaurant, Highlands Bar and Grill, in 1982. He followed that success with Bottega (1988), Café Bottega (1990) and Chez Fonfon (2000), all located in Birmingham's Five Points area.

Stitt's cuisine is known for combining humble southern ingredients such as stone-ground grits and country ham with French sauces and braises, delivering exquisite flavors and unparalleled balance. Also an author, Stitt's Frank Stitt's Southern Table, Recipe and Gracious Traditions from Highlands Bar and Grill (Artisan 2004) is in its 5th printing. Bottega Favorita: A Southern Chef's Love Affair With Italian Food (Artisan), was released nationally in January 2009. Stitt lives in Birmingham with his wife and business partner, Pardis.

UAB MEDICINE
UAB HOSPITAL
FOOD & NUTRITION SERVICES

PS-17645/05.14

Breakfast

Served daily from 7am - 11am. Select items available all day.

Cereals

Grits *{1}*
Oatmeal ♥ *{1}*
Cheerios ♥ *{1}*
Granola w/ raisins ♥
Rice Crunchins *{1}*
Corn Frosties
Raisin Bran *{2}*

Hot Entrees

Scrambled Eggs
Low-Cholesterol Scrambled Eggs ♥
Hard Boiled Egg
Buttermilk Pancakes ♥ *{2}*
French Toast *{2}*
Sausage Gravy on a Biscuit *{2}*
Omelette
Choose from Cheese, Ham & Cheese, or Vegetable
Low Cholesterol Available ♥

On the Side

Bacon
Sausage Patty
Smoked Sausage
Turkey Bacon
Turkey Sausage Link ♥
Hash Brown Potatoes *{1}*

Breakfast Bakery

Blueberry Muffin *{2}*
Carrot Muffin *{2}*
Biscuit *{1}*
Donut
Bagel ♥ *{2}*

Fruits & Yogurts

Fresh Fruit Cup ♥ *{1}*
Banana ♥ *{1}*
Apple ♥ *{1}*
Orange ♥ *{1}*
Applesauce ♥ *{1}*
Peach Yogurt ♥ *{1}*
Strawberry Yogurt ♥ *{1}*
Vanilla Yogurt ♥ *{2}*

♥ – *Heart Healthy menu items*
{1} = 15 grams of carbohydrates

Beverages

Chilled Juice *{1}*

Orange Juice
Apple Juice
Cranberry Juice
Grape Juice

Milk & Hot Chocolate *{1}*

Whole Milk
Skim Milk ♥
Hot Chocolate
regular or sugar free

Coffee & Tea *{1}*

Coffee
Decaf Coffee ♥
Hot Tea
Iced Tea
sweet or unsweetened

Condiments

Mustard
Margarine
Lemon Juice
Sugar
Creamer
Jelly
Honey
Brown Sugar
Pancake Syrup
Diet Pancake Syrup

Ketchup
Mayonnaise
Seasoning Blend
Sugar Substitute
Non-Dairy Creamer
Sugar-free Jelly
Peanut Butter
Saltine Crackers *{1}*
Unsalted Crackers *{1}*
Raisins *{1}*

♥ – *Heart Healthy menu items*
{1} = 15 grams of carbohydrates

Lunch & Dinner

Served daily from 11am - 7:30pm.

Soups & Salads

Vegetable Soup ♥ *{1}*
Potato Chowder *{1}*
Chicken Noodle Soup ♥ *{1}*
Side Garden Salad ♥
Cottage Cheese & Peaches ♥ *{1}*

Entree Salads

Chef Salad *{1}*
Grilled Chicken Caesar Salad *{1}*
Chicken Salad & Fruit Plate *{2}*
Tuna Salad & Fruit Plate *{2}*
Cottage Cheese & Fruit Plate ♥ *{2}*

Salad Dressings (regular or lite ♥)
Ranch, Italian, or Thousand Island

Sandwich Shop

Accompanied with Lettuce & Tomato, served with your choice of Breads: Country White, Whole Grain ♥, or Soft Roll Cheeses: American, Swiss, or Cheddar

Deluxe Tuna Salad *or* Chicken Salad Sandwich *{2}*
Sliced Turkey ♥ *or* Sliced Ham Sandwich *{2}*
Creamy Peanut Butter & Grape Jelly Sandwich *{2}*
Bacon Lettuce Tomato Sandwich *{2}*
Chicken Caesar Wrap *{3}*

From the Grill

Accompanied with Lettuce & Tomato, sliced onions & pickles upon request.

Southwest Chicken Panini *{2}*
Classic Club Panini *{2}*
Hamburger *{2}*
Cheeseburger *{2}*
Garden Burger ♥ *{3}*
Turkey Burger *{2}*
Swiss Mushroom Burger *{2}*
Grilled Ham & Cheese *{2}*
Grilled Chicken Sandwich ♥ *{2}*
BBQ Chicken Sandwich ♥ *{2}*
Grilled Cheese *{2}*
Chicken Fingers
Hot Dog *{2}*

Pizzeria

Cheese, Pepperoni, or Vegetable ♥ Pizza *{2}*
Baked Spaghetti *{1}*

– Ingredients contain nuts
– Ingredients contain fish

Entrees

Homestyle Meatloaf *{1}*

Classic Roast Beef & Gravy

Chopped Steak with Sauteed Onions

Golden Crusted Chicken Breast ♥ *{1}*

Savory Asian Stir Fry ♥ *{2}*

served with chicken or vegetarian-style over rice

Roast Turkey & Gravy ♥

Lemon Herb Baked Tilapia ♥

Grilled Pork Loin with Orange Glaze ♥ *{1}*

Taco or Quesadilla *{2}*

Choice of beef, chicken or vegetarian style

Sides

Dinner Roll ♥ *{1}*

Cornbread Dressing *{1}*

Broccoli ♥

Carrots ♥

Macaroni & Cheese *{1}*

French Fries *{2}*

Mashed Potatoes *{1}*

Beef Gravy

Baked Potato Chips *{2}*

Corn Bread *{2}*

Corn ♥ *{1}*

Green Beans ♥

Collard Greens ♥

Blackeyed Peas ♥ *{1}*

Refried Beans *{2}*

Rice *{1}*

Poultry Gravy

Pretzels *{2}*

Desserts

Banana ♥ *{1}*

Grapes ♥ *{1}*

Canned Peaches or Pears ♥ *{1}*

Applesauce ♥ *{1}*

Oatmeal Raisin Cookie

Angel Food Cake ♥ *{1}*

Peach Cobbler

Brownie

Ice Cream

Vanilla, Chocolate, Strawberry

Apple ♥ *{1}*

Orange ♥ *{1}*

Fresh Fruit Cup ♥ *{1}*

Orange or Strawberry Gelatin

Sugar Cookie

Carrot Cake

Lemon Icebox Square

Pudding

Vanilla, Chocolate

Orange Sherbet ♥ *{1}*

Sugar-Free Desserts

Vanilla Pudding *{1}*

Vanilla Ice Cream *{1}*

Chocolate Pudding *{1}*

Orange or Strawberry Gelatin

Welcome to Room Service

To place your order, simply dial 4-MEAL (4-6325) from your room phone anytime between 6:30 am and 7:30 pm. Your meal will be delivered within 45 minutes of the placement of your order.

Special Diet Considerations

If your physician has placed you on a special diet, or if you have been scheduled for certain tests, you may not be permitted to order from this menu, or your selection may be restricted. When placing your order, a representative will be able to assist you in making the appropriate choices.

If you have nutritional concerns and wish to speak with a Registered Dietitian, please call 4-MEAL (4-6325).

To assist you in meeting your nutritional goals we have placed a ♥ beside certain menu items to denote a Heart Healthy item with reduced levels of fat & sodium. This ♥ symbol is based on recommended portion sizes for your diet restrictions. You may also turn to channel 100 on your room television for nutrition education information.

For our Patients with Diabetes

Your menu includes the number of carbohydrate (carb) servings in brackets to help manage your blood sugar levels. One carb *{1}* equals 15 grams of carbohydrates. This number is based on a portion size, which has been adjusted for your diet restriction. The average diabetic diet includes three to five carbohydrates per meal.

If you have questions about your diet, please ask when you place your order. Monitoring blood sugar levels and taking certain medications must be timed with food intake to be most effective. For this reason it is important that you notify nursing staff after ordering each meal.

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